

Spinach/Chicken Lasagna Rolls

Ingredients

9 lasagna noodles (Whole Wheat or Whole Grain noodles), cooked
1 (10 ounce) package frozen chopped spinach, thawed and completely drained
1 (15 ounce) container fat free or light ricotta cheese (I've also used 2% cottage cheese instead of ricotta cheese)
1/2 cup grated Parmesan cheese
1 egg
1/2 teaspoon minced garlic
1/2 teaspoon dried Italian seasonings
salt and fresh pepper
(optional) 1 chicken breast, cooked and diced
32 oz tomato sauce
9 Tablespoons part skim mozzarella cheese, shredded

Preheat oven to 350°. Make sure the spinach is drained well. Combine spinach, ricotta, Parmesan cheese, egg, garlic, Italian seasonings, chicken, and salt and pepper in a medium bowl. Pour about 1 cup sauce on the bottom of a 9 x 13 baking dish.

Place a piece of wax paper on the counter and lay out lasagna noodles. Make sure noodles are dry. Take 1/3 cup of ricotta mixture and spread evenly over a noodle. Roll carefully and place seam side down onto the baking dish. Repeat with remaining noodles. Use remaining ladle sauce and over the noodles in the baking dish. Then top each one with 1 Tablespoon of mozzarella cheese. Cover baking dish tightly with aluminum foil and bake for 40 minutes, or until cheese melts. Makes 9 rolls.

Serving size: 2 rolls

Container values: 1 yellow, 1 green, 1 blue, 1 purple